



Tips for a Better Night's Sleep

Before getting into bed:

- Establish a regular routine for bedtime.
- Create a positive sleep environment.
- Relax.
- Avoid alcohol, smoking and caffeine for at least a few hours before bedtime.
- Do not go to bed unless you are sleepy.

While in bed:

- Turn your clock around (or cover it) and use your alarm if needed.
- If you can't fall asleep in 20 minutes (based on your internal sense of time), get out of bed and do something relaxing (reading, listening to music, etc.). Return to bed only when sleepy.
- Use your bed only for sleep and intimacy.

During the daytime:

- Wake up at the same time, even on weekends.
- Avoid naps.
- Avoid caffeinated beverages and heavy meals as bedtime approaches.
- Exercise regularly, but not within four hours of bedtime.

Cleveland Clinic Sleep Disorders Center

Appointments: 216.636.5860
General questions: 216.444.2165
clevelandclinic.org/sleep

Cleveland Clinic's Sleep Disorders Center has multiple locations across Northeast Ohio for patients' comfort and convenience.

Hotel-based sleep laboratories have dramatically improved patient satisfaction, as overnight sleep testing can be performed in the comfort of a hotel suite, often quite close to home. For patients 12 and older, sleep studies are performed at multiple locations throughout Northeast Ohio:

- **Cleveland — Cleveland Clinic Sleep Disorders Center at Cleveland Clinic main campus***
- **Beachwood — Fairfield Inn & Suites by Marriott**
- **Independence — The Courtyard Marriott**
- **Lorain — Cleveland Clinic Sleep Disorders Center**
- **Mayfield Heights — Hillcrest Hospital**
- **Medina — The Motel 6**
- **Mentor — The Holiday Inn Express**
- **North Olmsted — The Courtyard by Marriott Airport/North**
- **Twinsburg — The Hilton Garden Inn**

* Serves patients of all ages (infants through adults)